



RECREATION NEWS

2016 SUMMER

Parks & Recreation, Senior Services, Youth Bureau

Registration for all SUMMER PROGRAMS begins Tuesday, May 31

For more information please call 631-728-8585



Sponsored by



Snapper Derby

Date: Thursday, August 25

Time: 11 a.m. - 2 p.m.

Place: Tiana Bay Park,
87 Dune Road, Hampton Bays

Resident age categories:

5 - 14 yrs old & 15 yrs - Adult.
(under 12 must be accompanied by an adult)

Bring your own pole/tackle
we will provide the bait and join us
for a fun filled afternoon of
snapper fishing. Prizes will be
awarded for most snappers caught
in four age groups & for largest snapper.
No fee to enter but pre-registration is required!



Long Island Ducks Baseball Game

Date: Tuesday, July 19

Time: 5:00 pm - Bus departs Red Creek Park, Hampton Bays

Fee: \$15 pp - Includes admission & round-trip transportation

Enjoy an evening of fun and great minor league baseball
right here on Long Island at Bethpage Park in Central Islip

* **Residents only**

Seats are limited, Sign-up early!

Parks & Recreation Summer Programs



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Registration Instructions

Registration for all Parks & Recreation Summer programs begins Tuesday, May 31, by mail, in-person or by phone with credit card (Visa, MasterCard or Discover) at the Parks & Recreation Office located at: 6 Newtown Road, Hampton Bays, NY 11946
Phone (631) 728-8585 Fax (631) 728-8525

To Register:

If you received this in the mail you already have an account in our computer system and you may register by phone or fax with a credit card or use the registration form on the next page to mail-in your program registrations and payment.

If you do not have an account with us, you must open one to be able to register for Parks & Recreation programs. To open an account, you must submit proof of residency and proof of age for children, along with your program registration form. This is a one time registration process. Please call 728-8585 if you need to verify if you have an account with us.

Proof of Residency:

To open a resident account in our registration system, residents or taxpayers must present one of the following: current driver's license with Southampton Town address, current Southampton Town tax bill, recorded deed showing purchase of property within the year, or utility bills (electric, phone, water or cable) with a Southampton Town address dated at least 12 months prior to application date.

Leases are not accepted as proof of residency.

Pre-registration with payment is required for all recreation programs, except where noted in program descriptions. Program fees cannot be pro-rated. A program refund will be granted only if the request is made more than five (5) business days prior to the start of a program, or if we cancel a program due to insufficient enrollment or other reason. Program refunds will expire within two years of cancellation after that it will become a credit on your parks & recreation account. A \$25 service fee will be charged for all checks returned by the bank.

Bus trip tickets are non-refundable unless there is a trip waiting list and the reservations can be used. To take advantage of the resident rate, for each ticket purchased proof of residency must now be shown.

All persons participating in Town of Southampton sponsored recreation programs participate at their own risk. Participants are advised to consult with their physician prior to enrollment and participation in activities which may be strenuous.

Parks & Recreation Dept. Registration Form

Name: _____ Email: _____

Mailing Address (in Town of Southampton): _____ Street _____ City _____ State _____ Zip _____

Mailing Address (other residence, if applicable): _____ Street _____ City _____ State _____ Zip _____

Home Phone #: _____ Work Phone #: _____ Cell Phone #: _____

Emergency Contact Name: _____ Emergency Phone #: _____

<u>Registrant Name</u>	<u>Program Name</u>	<u>Program # (if applicable)</u>	<u>Program Fee</u>
		1st Choice: 2nd Choice:	
		1st Choice: 2nd Choice:	
		1st Choice: 2nd Choice:	
		1st Choice: 2nd Choice:	

IF YOU DID NOT RECEIVE THIS IN THE MAIL - PLEASE READ PAGE 3 CAREFULLY!

★ PLEASE MAKE COPIES OF REGISTRATION FORM IF ADDITIONAL SPACE IS NEEDED ★

Make checks payable to the "Town of Southampton" PLEASE SUBMIT SEPARATE CHECKS FOR EACH PROGRAM (This allows us to return checks for programs which have filled, without holding up registrations for other programs)

Mail To: Town of Southampton, Parks & Recreation Department, 6 Newtown Road, Hampton Bays, NY 11946

Special Events



Movies In The Park

Enjoy a night at the movies
Admission is FREE

300 sq. ft.
Movie Screen

Monday, August 15 - 8:00 P.M.

East Quogue Village Green

Montauk Highway & Lewis Road, East Quogue

BRING YOUR FAMILY - YOUR FRIENDS - A BLANKET & BUG SPRAY

Movie titles to be announced - Watch local newspapers for
further details or call the Parks & Recreation Office at 728-8585

Southampton Town Recreation Center

1370A Majors Path, Southampton, NY 11968



Summer Baseball League

Try-outs: June 25 - 9:00 a.m. North Sea Park **Ages:** 8 - 11

Fee: \$85 per player **Games:** Saturdays July 10 - August 14

Summer Soccer League

Dates: July 7 - August 11 **Ages:** 6 - 11

Fee: \$60 player/\$500 per team

Games played Thursdays nights at SYS or Meadow Club. Additional
practice during the week.

Squash Camps

Week 1: June 27 - July 1

Week 2: July 4 - July 8

Week 3: July 18 - July 22

Week 4: July 25 - July 29

Week 5: August 1 - August 5

Time: 9:00 a.m. - 12:00 p.m. **Fee:** \$450 per week **Ages:** 7 - 17

Elite Camp

Week 1: August 17 - August 21

Week 2: August 24 - August 28

Registration info contact smartsquah360@gmail.com

Super Soccer Stars Clinics

Session 1: June 19 - July 17

Session 2: July 31 - August 28

Fee: \$225 per session

Time: 9:00 a.m. - 4-5 yrs old,

10:00 a.m. - 2-3 yrs old, 10:45 a.m. - 3-4 yrs old, 11:30 a.m. - 5-8 yrs old.

Karate Camp

Date: August 29 - September 2

Ages: 6 - 13

Time: 9:00 a.m. - 2:00 p.m.

Fee: \$425/week \$90/day

Swim Lessons - June 27 - September 1

Call 287-1511 or check website www.sysinc.org for more information
on these and other programs.

Parks & Recreation Programs

Summer Fun Playground Programs

Three playground programs will be offered to children who are Southampton Town residents and attended elementary school (K-6) this past school year. Each playground program will be staffed by counselors who will organize sports, arts & crafts, active & quiet games & special event days. There will be a snack time each day.

« « REGISTRATION « «

**EACH CHILD MAY REGISTER FOR ONLY ONE "SUMMER FUN" LOCATION.
THIS POLICY WILL BE STRICTLY ENFORCED!!**

Registrations will be accepted ONLY at each playground site in accordance with the schedule listed below or in the Parks & Recreation office PRIOR to the start of the camp. There will be NO registration at the camps.

Registration slips must be completed by a parent or legal guardian. Proof of kindergarten completion will be required for five-year-olds in the form of a kindergarten completion certificate. If the kindergarten attended does not award such certificates, proof that the child was 5 years old as of December 1, 2015 may be substituted. There will be no "Summer Fun" program on the day of registration.

2016 Schedule

Monday - Friday 9:00 a.m. - 12:00 p.m.

Fee: \$50 for one child, \$125 for family three or more

East Quogue: June 27 - July 22 (no class 7/4)

Registration: Friday, June 24 - 12:00 p.m. - 1:30 p.m.
East Quogue School

Sag Harbor: July 11 - August 5

Registration: Thursday, July 7 - 8:00 a.m. - 10:00 a.m.
Mashashimuet Park, Sag Harbor

Hampton Bays: July 25 - August 19

Registration: Thursday, July 21 - 8:00 a.m. - 10:00 a.m.
Red Creek Park, Hampton Bays



**** Please Provide Your Child With A Drink And A Snack Daily ****

The "Summer Fun Playground" programs are made possible in part through funding received from the New York State Office of Children & Family Services through the **Southampton Town Youth Bureau.**

Surfing For Beginners

Hampton Watersports of Southampton is offering a beginner surf program. If you have taken this program twice or more you are NOT a beginner and will not be able to register for this program.

Ages: 9 years and older **Fee:** Residents only \$200

Pre-requisites: Must be able to swim & tread water.



Place: Ponquogue Beach, Dune Road, Hampton Bays

Program 1: July 18, 19, 20 **Time:** 1:00 p.m. - 2:00 p.m.

Program 2: July 18, 19, 20 **Time:** 2:15 p.m. - 3:15 p.m.

Program 3: August 1, 2, 3 **Time:** 1:00 p.m. - 2:00 p.m.

Program 4: August 1, 2, 3, **Time:** 2:15 p.m. - 3:15 p.m.

Program 5: August 15, 16, 17 **Time:** 1:00 p.m. - 2:00 p.m.

Program 6: August 15, 16, 17 **Time:** 2:15 p.m. - 3:15 p.m.

Please Note: Participants must arrive at least 5 minutes prior to class and on first day parent/guardian must check child in.

In this program students will learn how to position themselves in the correct location on a wave in order to be able to stand and ride. Students will learn how to avoid injury by practicing safe surfing techniques and etiquette. Surfboards will be provided. Please wear swimsuit & bring towel. Wetsuits are optional.

You may register for only one program, wait list for another. Non-Residents may be placed on waiting lists, Non-Resident fee will be \$225, if there are any openings.

Rain Policy: In the event of rain, classes will be held as long as there is no thunder or lightening.

Make-Up Classes: If a class is cancelled for any reason, every effort will be made to schedule a make-up class. However, due to unpredictable weather or wave conditions, make-up classes cannot be guaranteed.

**If a class is held at a Southampton Town Beach a Beach Parking Permit is required for parking at that location. For information regarding Beach Parking Permits call the Parks & Recreation Department
Monday - Friday 8:30 a.m. - 4:00 p.m. (631) 728-8585**

Water Safety Instruction

These programs are designed to develop swimming skills needed to safely enjoy the area's largest natural resource. The Red Cross designates the levels as described below:

Level 1: is an intro to water skills. Helping students feel comfortable and enjoy the water. Intended for ages 3 - 6 years old.

Level 2: covers fundamental aquatic skills and helps students succeed in these skills. Must be at least 7 years old.

Level 3: covers stroke development building on skills from Level 2 with guided practice. Intro to the butterfly stroke, front and back crawl.

Level 4: covers stroke development by building confidence in strokes previously learned. Intro to side and breast stroke.

Level 5: covers further refinement of strokes. Intro to shallow diving and survival swimming.

Level 6: covers swimming and skill proficiency with these options: A) Personal water safety - emphasis on stroke development and survival swimming. B) Lifeguard readiness - emphasis on stroke development and basic rescue skills. C) Fitness swimmer - emphasis on stroke development and creating a training program.

Registration Residents Only

Pre-Registrations for all classes Guppy - level 6 will be accepted by mail or in person at the Parks & Recreation Office. Registrations will not be accepted at the program site. A parent or legal guardian's permission is required for each child to register for swimming lessons. Proof of age and residency are also required and must be included with your registration if we don't already have them on file. Non-Residents may be placed on a wait list if there are any openings.

"Guppy" Classes Fee: \$10

The "Guppy" classes are designed to prepare children ages 3 - 6 for Level 2 (Basic Beginner) swimming lessons. The goal of these classes is to help children overcome any fears they may have of the water and teach them basic skills necessary to begin swimming lessons, such as putting their face and head in the water, blowing bubbles, using kickboards, and the prone and back floats.

PLEASE NOTE: 3-YEAR-OLDS MUST BE ABLE TO WORK IN A GROUP WITH INSTRUCTORS WITHOUT PARENTS IN THE WATER. If a child is not able to do this, the instructor may request that the child wait another year to begin swimming lessons.

Guppies must be accompanied to program by a parent or guardian. Each child may register for only one Guppy Class, may be placed on waiting list for an additional class.

Guppy Class Schedule - Tiana Bay Park

July 5 - July 8

Ages 3-4:	Program 1	1:00 p.m. - 2:00 p.m.
	Program 3	2:15 p.m. - 3:15 p.m.
Ages 5-6:	Program 2	1:00 p.m. - 2:00 p.m.
	Program 4	2:15 p.m. - 3:15 p.m.

July 11 - July 15

Ages 3-4:	Program 5	1:00 p.m. - 2:00 p.m.
	Program 7	2:15 p.m. - 3:15 p.m.
Ages 5-6:	Program 6	1:00 p.m. - 2:00 p.m.
	Program 8	2:15 p.m. - 3:15 p.m.



July 18 - July 22

Ages 3-4:	Program 9	1:00 p.m. - 2:00 p.m.
	Program 11	2:15 p.m. - 3:15 p.m.
Ages 5-6:	Program 10	1:00 p.m. - 2:00 p.m.
	Program 12	2:15 p.m. - 3:15 p.m.

July 25- July 29

Ages 3-4:	Program 13	1:00 p.m. - 2:00 p.m.
	Program 15	2:15 p.m. - 3:15 p.m.
Ages 5-6:	Program 14	1:00 p.m. - 2:00 p.m.
	Program 16	2:15 p.m. - 3:15 p.m.

August 1 - August 5 (no class 8/4)

Ages 3-4:	Program 17	1:00 p.m. - 2:00 p.m.
	Program 19	2:15 p.m. - 3:15 p.m.
Ages 5-6:	Program 18	1:00 p.m. - 2:00 p.m.
	Program 20	2:15 p.m. - 3:15 p.m.



August 8 - August 12 (no class 8/10)

Ages 3-4:	Program 21	1:00 p.m. - 2:00 p.m.
	Program 23	2:15 p.m. - 3:15 p.m.
Ages 5-6:	Program 22	1:00 p.m. - 2:00 p.m.
	Program 24	2:15 p.m. - 3:15 p.m.

Guppy Day at Tiana Bayside

Date: Wednesday, August 10

Time: 12:30 p.m.



Guppy Day is a special event designed for all participants of the 2016 guppy swim program and their parents. It will be a fun filled afternoon of aquatic activity based on the skills learned in the guppy classes.

Events include: Kick Board Race, Back Float Contest, Superman Contest, Peanut Scramble & a Water Balloon Contest!

Regularly scheduled classes on Guppy Day are cancelled.

Level 2 - 6 Instruction

Fee: \$20

All levels of instruction are offered during each session
This is a two week program, you cannot sign up for a program after it has started. Must attend eight classes to be eligible to take test.

Tiana Bay Lessons



Session 1: July 5 - July 15

Choice of Times: 10:30 a.m. - 11:30 a.m., 1:00 p.m. - 2:00 p.m.
or 2:15 p.m. - 3:15 p.m.

Session 2: July 18 - July 29

Choice of Times: 10:30 a.m. - 11:30 a.m., 1:00 p.m. - 2:00 p.m.
or 2:15 p.m. - 3:15 p.m.

Session 3: August 1 - August 12 (no afternoon classes August 4 & 10)

Choice of Times: 10:30 a.m. - 11:30 p.m., 1:00 p.m. - 2:00 p.m.
or 2:15 p.m. - 3:15 p.m.

Water Safety Aide

Program 1: July 5 - July 8 10:00 a.m. - 11:30 a.m.

This class provides training for individuals to learn how to assist water safety instructors with swim lessons. Must have completed Level IV instruction and be 12 years old or older.

Water Carnival Day at Tiana Bayside

Date: Thursday, August 4

Time: 1:00 p.m.

This special event is designed for all participants of the 2016 water safety swim program. It will be a fun filled afternoon of aquatic activity based on the skills learned in the swim program. Events include: Race the instructor, Swim Races, Water Balloon Contest and more.

Regularly scheduled afternoon classes on this day are cancelled

Olympic Style Rowing



Instructor: East End Rowing Institute

Age: 15 - 17 years old Time: 3:30 p.m. - 5:30 p.m.

Program 1: Monday - Friday, June 27 - July 8 (no class 7/4)

Age: 18 - Adult Time: 6:00 p.m. - 8:00 p.m.

Program 2: Monday - Friday, June 27 - July 8 (no class 7/4)

Place: 30 McDermott Street, Riverhead

Fee: Residents \$230 Non-Residents \$240 **(9 classes)**

This program introduces students to basic technique, boat handling and water safety. No experience needed. Gloves recommended.

Junior Lifesaving Courses

THESE COURSES ARE VERY POPULAR - SIGN UP EARLY!!

Instructors: Southampton Town Ocean Lifeguards

Time: 9:00 a.m. - 11:00 a.m.



Dates: Saturdays, July 9, 16, 23, 30 & August 6

Program 1: Mecox Beach, Bridgehampton - 11 - 15 years old

Program 2: Ponquogue Beach, Hampton Bays - 13 - 15 year olds

Program 3: Tiana Beach, Hampton Bays - 11 - 12 year old

Dates: Sundays, July 10, 17, 24, 31 & (August 6 at Ponquogue)

Program 4: Sagg Main Beach, Bridgehampton - 11 - 15 years old

Fee: Residents only \$75

Pre-requisites: Participants must be able to swim 100 yards using the crawl stroke and tread water for 5 minutes without stopping.

Curriculum: The instructors will begin each day with a brief lecture on topics relevant to the course goals. Basic warm-up exercises will be included in each class. The junior lifeguards will participate in training drills designed to help them become safe ocean swimmers. Most drills will be taught as "lifeguard competition" events. As long as ocean conditions permit, junior guards will train in the water. While swimming skills are a prerequisite for the course and swimming lessons, as such, will not be given, instructors will help the students learn to recognize the power of the ocean, how to spot rip tides and other dangerous currents and how to swim safely in the ocean. The last class will be a lifeguard tournament allowing the junior lifeguards to demonstrate their new skills.

Beach Volleyball Camp



Instructors: Keith and Jennifer Hassett

Dates: August 8 - 12

Time: 9:00 a.m. - 11:00 a.m.

Location: Ponquogue Beach, 280 Dune Road, Hampton Bays

Age: Boys & Girls 10 - 17 years old

Fee: Residents \$90 Non-Residents \$100 (5 classes)

This program is designed to promote the enjoyment of this great summer sport. The program will teach the basic fundamentals to the inexperienced player and help the veteran players improve their play. Each meeting will involve group instruction, drills and a variety of exciting games. **In the event of rain/cancellations, class will be made up at another date.**

Sailing Instruction

Fees: Residents Only Youth (ages 9 - 17) \$200 Adults (18+) \$250

SAILING PROGRAM REQUIREMENTS

1. Sailing students will be required to pass a basic swim test at the beginning of the program and must be able to lift at least 40 pounds.
2. Sailing students must attend first class. Anyone who fails to do so may lose his or her place in the program to a person on the waiting list. No refund will be issued!
3. Due to the popularity of the sailing programs, Beginner and Advanced Beginner students may register for only one program. Any student who registers for more than one beginner or advanced beginner program will lose their place in the sailing instruction program. ***A student may not register for the next level of instruction before passing the first level they are enrolled in.***

4. Program Pre-Requisites:

Intermediate Program - Must have passed a Town of Southampton Advanced Beginner sailing program, and must have mastered basic sailing techniques and be able to operate a sunfish alone.

Advanced Program - Must have completed a Town of Southampton Intermediate program.

Rain

In the event of rain, classes will not be held at Long Beach as we have no shelter. However, Tiana Bay classes will be held as long as there is no thunder or lightning. There will be **no make-up classes** for classes cancelled due to poor weather conditions.

Tiana Bay Information Phone

In the event of uncertain or threatening weather conditions, program cancellation information for Tiana Bay programs may be obtained by calling the Tiana Bay Information Center at 653-4439 after 8:30 a.m. for morning programs, or after 12:30 p.m. for afternoon programs.

Sailing Instruction - Long Beach Programs

Foster Memorial Beach (Long Beach), Noyac

Beginner/Advanced Beginner (Ages 9 - 13):

LB 1: **June 27 - July 8 (no class 7/4)** 9:00 a.m. - 11:30 a.m.

Intermediate/Advanced (Ages 11+):

LB 2: **June 27 - July 1** 1:00 p.m. - 3:30 p.m.

Teen/Adult Beginner/Advanced Beginner (Ages 14+):

LB 3: **July 5 - July 8** 1:00 p.m. - 3:30 p.m.



Sailing Instruction Tiana Bay Programs

Tiana Bay Park, Dune Road, Hampton Bays

Beginner (Ages 9 - 13):

TB 4: **July 11 - July 22** 9:00 a.m. - 11:30 a.m.

TB 5: **July 25 - August 5** 1:00 p.m. - 3:30 p.m.

Advanced Beginner (Ages 9 - 13):

TB 6: **July 11 - July 22** 1:00 p.m. - 3:30 p.m.

TB 7: **July 25 - August 5** 9:00 a.m. - 11:30 a.m.

Teen/Adult Beginner/Advanced Beginner (Ages 14+):

TB 8: **July 25 - July 29** 4:00 p.m. - 6:00 p.m.

TB 9: **August 1 - August 5** 4:00 p.m. - 6:00 p.m.

Intermediate/Advanced (Ages 11+):

TB 10: **August 8 - August 12** 9:00 a.m. - 11:30 a.m.

TB 11: **August 8 - August 12** 1:00 p.m. - 3:30 p.m.



Tiana Bay Kayak Instruction

Instructor: Captain Kayak Instructors

Program 1: **July 5, 6, & 7** 10:00 a.m. - Noon

Program 2: **July 5, 6, & 7** 1:00 p.m. - 3:00 p.m.

Ages: 10 - 16 years old

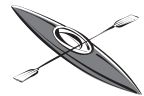
Location: East Quogue Marina, Bay Avenue, East Quogue

Fee: Residents \$110 Non-Residents \$120

Learn the fundamentals of safe kayaking, the art of paddling, self-rescue and maneuvering utilizing both sit on top and sit in kayaks. Participants must be able to swim and will be required to wear approved life jackets, which will be provided by the instructors. Kayak and paddles will be provided. Please wear a bathing suit, bring a towel and a pair of water shoes or sandals.

Upon completion of each program you will receive an American Canoe Association card denoting your skill level of participation.

Make-Up Classes: If weather conditions cause a class cancellation, every effort will be made to schedule a make-up class. However, due to unpredictable weather conditions, make-up classes cannot be guaranteed. Make-up classes will not be provided for registrants who miss a class that took place as scheduled.



Windsurfing & Standup Paddle Boarding Instruction

The Town of Southampton Parks & Recreation Department and Hampton Watersports of Southampton is offering a combination windsurfing and standup paddle boarding instruction at two locations during the summer months.

Instruction is suitable to all skill levels beginner through advanced.

Locations:

Tiana Recreation Area on the bayside of Dune Road in Hampton Bays
Foster Memorial Beach (Long Beach) in Noyac.

Participants must be able to swim and will be required to wear approved lifejackets. Boards and sails will also be provided by Hampton Watersports. Please wear a bathing suit, bring a towel and a pair of water shoes or sandals.

Ages: Youths ages 8 & older and Adults

Fees: Resident \$185 Non-Resident \$200

This program combines instruction in both windsurfing and standup paddle boarding.

Each program consists of 3 classes: Monday, Tuesday & Wednesday.

Long Beach

Program 1: July 25, 26, 27 10:30 a.m. - 12:30 p.m.

Program 2: July 25, 26, 27 1:00 p.m. - 3:00 p.m.

Tiana Bay Park

Program 3: July 18, 19, 20 10:30 a.m. - 12:30 p.m.

Program 4: July 18, 19, 20 1:00 p.m. - 3:00 p.m.

Program 5: August 1, 2, 3 10:30 a.m. - 12:30 p.m.

Program 6: August 1, 2, 3 1:00 p.m. - 3:00 p.m.

Program 7: August 8, 9, 10 10:30 a.m. - 12:30 p.m.

Program 8: August 8, 9, 10 1:00 p.m. - 3:00 p.m.



Make-Up Classes: If weather conditions cause a class cancellation, every effort will be made to schedule a make-up class. However, due to unpredictable weather conditions, make-up classes cannot be guaranteed. Make-up classes will not be provided for registrants who miss a class that took place as scheduled.

Oyster Gardening Program

SPAT - Southampton Project in Aquaculture Training



Instructor: Kim Tetrault - Cornell Cooperative Extension

Information Session: Tuesday, June 14 - 7:00 p.m.

Workshop Dates: Tuesday, July 5, 26, August 23, September 13 & October 4 - 8:30 a.m. – Noon

Overwintering and lecture: October 21 - 1:00 p.m. - 3:00 p.m.

Place: Tiana Bayside, Dune Road, Hampton Bays

Fee: \$200 - Residents Only

Learn how to grow oysters as part of an established East End oyster restoration initiative administered by Cornell Cooperative Extension Marine Program. Receive gear, training and 1000 oysters that will help you on your way to becoming a proficient aquaculturalist. Workshops will include life history, culture techniques, culinary tips, maintenance of gardens and all of the things you always wanted to know about shellfish but were afraid to ask.

Participants must be prepared to get wet and somewhat fouled.

Standup Paddle Boarding Instruction

Instructor: Hampton Watersports

Program 1: Saturday, July 23

Program 2: Saturday, July 30

Program 3: Saturday, August 6

Time: 9:00 a.m. - 10:30 a.m.

Place: Hampton Watersports 1688 County Rd. 39, Southampton

Fee: Residents \$85 Non-Residents \$95

Age: 10 yrs old - Adults

Learn to standup paddle board in the beautiful Peconic Bay. Standup paddle boarding is amazingly fun and a fantastic all body, no impact workout, it is the fastest growing water sport world wide.

Participants must be able to swim & will be required to wear an approved lifejacket. Equipment provided by Hampton Watersports. Please wear bathing suit, bring a towel and a pair of water shoes or sandals.

Make-Up Classes: If weather conditions cause a class cancellation, every effort will be made to schedule a make-up class. However, due to unpredictable weather conditions, make-up classes cannot be guaranteed. Make-up classes will not be provided for registrants who miss a class that took place as scheduled.

Red Creek Skatepark Hours

June - September

Open every day from 12:00 noon. - 7:00 p.m.

**All Skate park users must wear an ANSI or SNELL approved helmet,
knee pads & elbow pads.**

Daily Fee \$5 or Membership \$40, family rates available



Tennis Instruction

Tennis instruction is offered for all ages and ability levels. Students must bring their own tennis racket to class.

You may register for only one session, wait list for another.

Fees: Residents Youth (8 - 17 yrs. old) \$120 Adults (18+) \$140

Non-Residents Youth \$130 Adults \$150

A. Beginner/Advanced Beginner: Ages 8 - 17

Players who need practice and instruction on the fundamentals of tennis: forehand, backhand, volleys and serves.

B. Advanced Beginner/Intermediate: Ages 12 - Adult

Players who can consistently rally and serve and are ready to learn more advanced skills and play games.

C. Beginner Junior/Teen/Adult: Ages 8 - Adult (18+)

Players from ages 8 years thru adult will receive separate and simultaneous beginning instruction on the basic fundamentals of tennis - forehand, backhand, volleys and serves. In these classes instruction will be in small age appropriate groups.

Tennis Instruction - Hampton West Park

Stewart Avenue, Westhampton Beach

Dates: Tuesdays & Thursdays, June 28, 30, July 5, 7, 12, 14, 19, 21

Beginner and Advanced Beginner: Ages 8 - 17

Program 1: 8:30 a.m. - 9:30 a.m.

Program 2: 11:00 a.m. - 12:00 p.m.

Program 3: 4:00 p.m. - 5:00 p.m.



Advanced Beginner/Intermediate: Ages 12 - Adult

Program 4: 9:45 a.m. - 10:45 a.m.

Program 5: 5:15 p.m. - 6:15 p.m.

Beginner Junior/Teen/Adult: Ages 8 - Adult

Program 6: 6:30 p.m. - 7:30 p.m.

Tennis Instruction - Red Creek Park

102 Old Riverhead Road, Hampton Bays

Dates: Tuesdays & Thursdays, July 26, 28, August 2, 4, 9, 11, 16 & 18

Beginner & Advanced Beginner: Ages 8 - 17

Program 7: 8:30 a.m. - 9:30 a.m.

Program 8: 11:00 a.m. - 12:00 p.m.

Program 9: 4:00 p.m. - 5:00 p.m.



Advance Beginner/Intermediate: Ages 12 - Adult

Program 10: 9:45 a.m. - 10:45 a.m.

Program 11: 5:15 p.m. - 6:15 p.m.

Beginner Junior/Teen/Adult : Ages 8 - Adult

Program 12: 6:30 p.m. - 7:30 p.m.

Boys Lacrosse Camp

Instructors: Ralph Pepe, Blayne McEneaney & Ralph Naglieri

Dates: Monday - Thursday, June 27 - June 30 (4 classes)

Time: 9:00 a.m. - Noon

Grades: K - 9

Place: Red Creek Park, 102 Old Riverhead Road, Hampton Bays

Fee: Residents \$130 Non-Residents \$140

Requirements: stick, helmet, gloves, shoulder pads & mouth piece



This camp will introduce & stress the fundamentals of Lacrosse; passing, catching & ground balls. The rules of the game will be introduced to allow all to have fun & enjoy the teamwork of this great sport. Players will be separated into groups appropriate for age & skill level. **This is the 25th year that the coaches have run their camp.**

Each participant receives a Camp Lacrosse shirt.

Girls Lacrosse Camp

Instructors: Ralph Pepe, Blayne McEneaney & Ralph Naglieri

Dates: Tuesday - Friday, July 5 - July 8 (4 classes)

Time: 9:00 a.m. - Noon

Grades: K - 9

Place: Red Creek Park, 102 Old Riverhead Road, Hampton Bays

Fee: Residents \$130 Non-Residents \$140

Requirements: Lacrosse stick, goggles & mouth piece

This camp will introduce and stress the fundamentals of Lacrosse; stick skills, individual position instruction, goalie work, innovative and fun drills for position development, team drills and games.

Each participant receives a Camp Lacrosse shirt.

Basketball Camp

Introduction To Basketball Fundamentals



Instructor: John Paga

Program 1: July 25 - July 29

Program 2: August 1 - August 5

Time: 9:00 a.m. - Noon

Place: Red Creek Park, 102 Old Riverhead Road, Hampton Bays

Ages: Girls & Boys 9 to 13 years old

Fee: Residents \$90 Non-Residents \$100

This five day camp is designed to teach the fundamentals of basketball as well as the values of working with others in a team situation while having fun. The camp stresses positive reinforcement, learning improvement and fun.

Youth Soccer Camp



Instructor: United Soccer Academy

Place: Red Creek Park - North Field

102 Old Riverhead Road, Hampton Bays



"First Play Soccer"

Program 1: July 11 - July 15

Ages: 5 - 12 yrs. old

Time: 9:00 a.m. - 12:30 p.m.

Fee: Residents \$185 Non-Residents \$195

Participants will engage in a variety of fun games and challenges designed to enhance basic soccer skills, dribbling, passing, shooting and field awareness. Each day culminates in our World Cup tournament, where players have the chance to put their skills to the test in small sided and regular soccer scrimmages.

"Soccer Squirts"

Program 2: July 11 - July 15

Ages: 3 - 5 yrs. old

Time: 1:00 p.m. - 2:00 p.m.

Fee: Residents \$105 Non-Residents \$115

The "Soccer Squirts" Program introduces soccer in a fun filled environment. The program is designed to develop motor skills, balance and coordination by using imaginative games, scrimmages, short passing, dribbling, turning and of course shooting.

Softball Camp

Instructor: Rich Doulos - Hampton Bays Varsity Softball Coach

Dates: July 18 - July 21 (rain date July 22)

Time: 9:00 a.m. - 12:00 p.m.

Place: Red Creek Park, 102 Old Riverhead Road, Hampton Bays

Ages: 9 - 13

Fee: Residents \$90 Non-Residents \$100

The focus of this camp is on the fundamentals of softball - hitting, fielding, throwing and base running. Have fun while sharpening skills and applying them to scrimmage situations.

Bring glove, cleats or sneakers and water bottle

Multi-Sports Summer Camp

Instructor: U.S. Sports Institute

Place: Red Creek Park North Soccer Field
102 Old Riverhead Road, Hampton Bays



"Youth" Multi-Sports Camp

Program 1: August 15 - August 18 **Ages:** 5 - 12 year olds

Time: 9:00 a.m. - 12:30 p.m.

Fee: Residents \$185 Non-Residents \$195

During this week long camp, children will have the opportunity to take part in over 16 different sports from around the world. Campers receive technical instruction in each sport, have the chance to experience the sport in a realistic game situation and will participate in the exciting USSI World Cup Competition. Sports include: Badminton, Baseball, Basketball, Bocce, Cricket, Football, Hockey, Handball, Lacrosse, Polo, Rugby, Soccer, Softball, Tennis, & Volleyball

Sports "Squirts" Camp

Program 2: August 15 - August 18 **Ages:** 3 - 5 year olds

Time: 1:00 p.m. - 2:00 p.m.

Fee: Residents \$105 Non-Residents \$115

This program has been designed to introduce young children to a variety of sports in a safe, structured environment. All games and activities encourage learning, skill development, hand eye coordination, balance and movement. Games and drills are designed to capture each child's imagination, there is fun to be had by all. Sports include: Soccer, T-Ball, Hockey, Lacrosse, Tennis and Basketball.

Junior Golf Camp at Indian Island Golf Course

Instructor: Steve Feder, Director of Instruction

Program 1: June 27 - July 1

Program 3: July 11 - 15

Program 5: July 25 - 29

Program 7: August 8 - 12

Program 9: August 22 - 26

Program 2: July 4 - 8

Program 4: July 18 - 22

Program 6: August 1 - 5

Program 8: August 15 - 19

Program 10: August 29 - Sept 2

Time: Mondays - Thursdays 10:00 a.m. - 2:00 p.m. and
Fridays 3:30 p.m. - 7:30 p.m.

Place: Indian Island Golf Course, Rte. 105, Riverhead

Ages: 7 - 16 years old

Fee: Residents \$450 Non-Residents \$475



Join us for a fun week of learning the fundamentals of golf, including grip, stance, alignment and posture. Learn about putting and chipping, the different types of golf clubs and when to use them. Friday session is instruction on course. There will be daily competitions with prizes. Very low student/teacher ration.

Each participant will receive a hat and shirt.

Lunch will be provided each day.

Southampton Baseball School

« « Our 31st Year « «

BASEBALL SCHOOL IS VERY POPULAR - SIGN UP EARLY!

Instructor: Rob Nelson former Minor league pitcher and coach

Dates: Monday - Saturday, August 1 - August 6 (6 classes)

Time: 9:00 a.m. - 12:00 p.m.

Place: Red Creek Park, 102 Old Riverhead Rd, Hampton Bays

Fee: Residents only \$125

Ages: 10-12 (born between 1/1/04 - 12/31/06)



The goal of "Southampton Baseball School" is individual improvement through small classes in a fun filled atmosphere. Hitting instruction is emphasized. Each participant will hit more baseballs in a week than he or she hits in one full Little League Season!

PLEASE NOTE: Mr. Nelson offers this program while he vacations in Southampton. Every effort will be made to make up rained-out days, however, make-ups cannot be guaranteed.



Kids and Comedy Camp Acting Classes



Instructor: Frank Cento

Place: Tiana Beach Activity Center, 72 Dune Road, Hampton Bays

Time: 9:00 a.m. - 1:30 p.m.

Age: 7 - 9 year olds

This is a two week program, Monday - Thursday

Program 1: July 11 - July 21

Program 2: August 15 - August 25

Fee: Residents \$290 Non-Residents \$300

Material Fee: \$20 paid to instructor for video and props at first class

Young actors will learn how to make a wacky action comedy movie. This fun and unique environment develops children's inner confidence, professional etiquette, focus and self-control. Sports and swimming are part of the fun. Check out Facebook: The Loose Cannon Group for more details. Students should bring lunch & a snack everyday and a bathing suit & towel. Pick up is promptly at 1:30 p.m.

Movie Acting Camp - "Makin' Movies"

Instructor: Frank Cento

Place: Tiana Beach Activity Center, 72 Dune Road, Hampton Bays

Time: 9:00 a.m. - 1:30 p.m.

Ages: 10 - 16 years old

This is a two week program, Monday - Thursday

Program 1: June 27 - July 7 (no class 7/4)

Program 2: August 1 - August 11

Fee: Residents \$290 Non-Residents \$300

Material Fee: \$20 paid to instructor for video & props at first class



The film and acting process is introduced on a more professional level. Campers will learn the structure of writing screenplays along with acting, directing and editing. They also take a turn at various crew positions while making their movies. It's high energy for the beginner and experienced. Sports and swimming are part of the fun. Check out Facebook: The Loose Cannon Group for more details. Students must bring a snack and lunch everyday, and a bathing suit and towel. Pick up is promptly at 1:30 p.m.

Back to the Bays - Art/Science Programming

Instructor: Cornell Cooperative Extension

Dates: Mondays, July 11 - August 15

Time: 3:00 p.m. - 5:00 p.m.

Place: Tiana Beach Activity Center, 72 Dune Road, Hampton Bays

Ages: 8 - Adult

Fee: Residents \$175 Non-Residents \$185 **(6 classes)**

Material Fee: \$35 payable to instructor



These family friendly art & science integration sessions will introduce you to our local marine and coastal environment and allow you to creatively express what you observe and learn about. The educational portion is led by experts from Cornell Cooperative Extension Marine program and the artistic element will be led by local artist Carolyn Munaco.

All students will be provided with a sketch pad, drawing pencil and eraser to use through out the six week session. Also provided will be a canvas tote to collect marine debris & shells to use in various projects. Topics and art projects will focus on marine life, oysters, clams, marine debris, salt marsh, shorebirds and coastal plants.

Educational portion of program is open to all free of charge and takes place during first 45 minutes of each session.

Summer Band Camp

Instructor: Note for Note Music Inc.

Dates: Monday - Thursday, July 11 - July 21

Time: 9:00 a.m. - 11:30 a.m.

Place: Red Creek Park Activity Center

102 Old Riverhead Road, Hampton Bays

Grades: 4 - 8th

Fee: Residents \$250 Non-Residents \$260 **(8 classes)**

Pre-Requisite: NYSSMA or 1 year band experience, must read music



This program will provide woodwind, brass and percussion students with experiences that will allow them to expand their musicianship at the individual and ensemble level. Class are led by NY State certified music educators. On the last day of class students will put on a concert.

Bring your own instrument.

Hip - Hop Dance Camp

Instructor: A&G Dance Company

Dates: July 26, 27, 28

Time: 10:00 a.m. - 1:00 p.m.

Place: Tiana Beach Activity Center, 72 Dune Road, Hampton Bays

Age: 8 - 12 yrs old

Fee: Residents \$120 Non-Residents \$130

This camp will be a three day workshop where students will learn different styles of hip hop movement to execute dance patterns as well as learning how to create their own dance moves & choreography.

Pre-Dance Education



Instructor: A&G Dance Company

Age: 3 - 5 years old

Place: Tiana Beach Activity Center, 72 Dune Road, Hampton Bays

Fee: Residents \$65 Non-Residents \$75 **(8 classes)**

Registrants may sign up for one or both classes

Pre - Hip Hop

Program 1: Thursdays, July 7 - September 1 (no class 7/28)

Time: 2:30 p.m. - 3:00 p.m.

Kids will have so much fun in this energetic dance class. We will play age appropriate dance games emphasizing rhythm, strength, coordination, jumps and some hip hop choreography.

Introduction to Dance (Ballet)

Program 1: Thursdays, July 7 - September 1 (no class 7/28)

Time: 3:00 p.m. - 3:30 p.m.

These classes introduce children to the basic fundamentals of dance. Technique is based on ballet and modern forms and will be taught in a fun and relaxed atmosphere. Classes will emphasize rhythm, coordination, breathing, musicality, balance, relation to time and space and creativity. Classes are grouped by age not by prior dance experience and are developmentally age appropriate based on NYS Early Childhood guidelines.

Comfortable jazz slippers, ballet shoes or bare feet recommended.

Dance Education

Instructor: A & G Dance Company

Place: Tiana Beach Activity Center, 72 Dune Road, Hampton Bays

Fee: Residents \$75 Non-Residents \$85 **(8 classes)**

Registrants may sign up for more than one class



Hip Hop Level 1

Program 1: Thursdays, July 7 - September 1 (no class 7/28)

Time: 4:30 p.m.- 5:15 p.m.

Ages: 5 - 7 years old

Hip Hop Level 2

Program 3: Thursdays, July 7 - September 1 (no class 7/28)

Time: 6:30 p.m. - 7:15 p.m.

Ages: 8 - 12 years old

These classes teach children modern "hip" moves emphasizing rhythm and weight control. Children will be encouraged to be creative and to push limits within themselves, each child will develop a keen sense of personal body awareness. Hip Hop is all about attitude and approach, not just mimicking steps.

Contemporary Dance/Tap Combo Level 1

Program 1: Thursdays, July 7 - September 1 (no class 7/28)

Time: 3:30 p.m. - 4:30 p.m.

Ages: 5 - 7 years old

Contemporary Danc/Tap Combo Level 2

Program 3: Thursdays, July 7 - September 1 (no class 7/28)

Time: 5:15 p.m. - 6:30 p.m.

Ages: 8 - 12 years old

In this combination class students will learn about the beauty and fundamentals of dance. They will learn the techniques of ballet, jazz, modern dance as well as the fundamentals of tap steps. Older children will learn more advanced techniques.

Comfortable jazz slippers, ballet shoes or bare feet recommended.

Must also bring tap shoes.

Poxabogue Golf Center

Open daily June - August call for hours

Location: 3556 Montauk Highway, Bridgehampton

Nine Hole Course, Driving range, Putting green, Golf shop, Private Golf lessons, Range balls, Food & Beverage Service

Adult and Junior clinics available

For pricing and information call 631 537-0025

Adult Golf Instruction Indian Island Golf Course

Instructor: Steve Feder, Director of Instruction

Program 1: Mondays & Wednesdays, July 4, 6, 11, 13 & 18

Program 2: Mondays & Wednesdays, August 1, 3, 8, 10 & 15

Time: 5:30 p.m. - 6:50 p.m.

Place: Indian Island Golf Course, Rte. 105, Riverhead

Fee: Residents \$100 Senior Residents \$90 Non-Residents \$110



An introduction to the fundamentals of golf, including grip, stance, alignment and posture. Learn about putting and chipping, the different types of clubs and when to use them.

Bring a 7 or 9 iron to first class

Tai Chi

Instructor: Sal Minardi

Program 1: Thursdays, July 14 - September 1 (8 classes)

Time: 1:45 p.m. - 2:45 p.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$72 Non-Residents \$82



Tai chi chuan is a system of beautiful, flowing movements. Qigong is an ancient mind body system of cultivating our natural energy. Regular practice of these closely related arts promotes high levels of health, flexibility, strength, longevity and peace of mind. This workshop is designed to give beginners & returning students a solid foundation continue their practice at home. Seniors Welcome!

Suspension Band Workout

Instructor: Maureen Lerch of World Class Fitness

Program 1: Thursdays, July 14 - September 1

Time: 9:30 a.m. - 10:15 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Ro., Hampton Bays

Fee: Residents \$48 Non-Residents \$58 (8 classes)

Various body weight exercises are done on the suspension system (we will not be hanging or swinging from the system) to simultaneously develop strength, balance, flexibility and core stability. Suspension delivers a fast effective total body workout. All exercises can be modified for all fitness levels.

Introduction to Yoga

Novice Level Classes!! All Ages Welcome!!



Instructor: Heather Rollo

Program 1: Mondays, July 11 - August 29

Program 2: Thursdays, July 14 - September 1

Time: 7:15 p.m. - 8:15 p.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$48 Non-Residents \$58 **(8 classes)**

If you've never taken yoga before and are a bit intimidated or afraid you may not be flexible enough - here's the opportunity you've been looking for! Work at your own pace learning basic moves, slowly and comfortably, leading to increased flexibility, balance, and strength. Bring a mat, towel & comfortable clothing.

Morning Beach Yoga



Instructor: Melanie Sands

Program 1: ~~Mondays, July 11 - August 22~~

New Dates: Saturdays, July 9 - August 20

Time: 7:00 a.m. - 8:00 a.m.

Place: Ponquogue Beach, Hampton Bays (meet at pavilion)

Fee: Residents \$65 Non-Residents \$75 **(7 classes)**

Join us for yoga on the beach. This class will bring you into a deeper connection with your body, breath and life essence.

If weather conditions cause a cancellation every effort will be made to schedule a make-up class, however due to unpredictable weather make up classes cannot be guaranteed.

All levels welcome. Bring yoga mat, beach towel and water.

Introduction to Pilates & Stretch



Instructor: Heather Rollo

Program 1: Mondays, July 11 - August 29

Program 2: Thursdays, July 14 - September 1

Time: 6:30 p.m. - 7:15 p.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$48 Non-Residents \$58 **(8 classes)**

This class will provide an introduction to a full body exercise program. You will improve balance and flexibility as well as strengthen the core muscles of the abs and lower back. All Levels Welcome.

Yoga Moves



Instructor: Maureen Lerch of World Fitness

Program 1: **Wednesdays, July 13 - August 31**

Time: 9:00 a.m. - 10:00 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$48 Non-Residents \$58 **(8 classes)**

Relax while strengthening your body in a class that can both introduce you to yoga or enhance your practice. Each class includes instruction in basic Yoga poses and breathing techniques. Standing, seated and balancing postures followed by deep relaxation and gentle guided imagery will help calm your mind while developing muscular strength and improving posture and flexibility.

Yogalates



Instructor: Adam Baranello of A & G Dance Company

Dates: **Thursdays, July 7 - September 1 (no class 7/28)**

Time: 7:15 p.m. - 8:15 p.m.

Ages: Teens - Adults

Place: Tiana Beach Activity Center, 72 Dune Road, Hampton Bays

Fee: Residents \$75 Non-Residents \$85 **(8 classes)**

These classes are a perfect blend of yoga and Pilates, providing the students with a practical total body workout. Classes emphasize stretching, toning, breath control and working core muscles. You will leave each session feeling rejuvenated and relaxed. Bring a mat.

Pilates Mat Workout



Instructor: Maureen Lerch of World Class Fitness

Wednesday Morning Classes 8:00 a.m. - 9:00 a.m.

Program 1: **July 13 - August 31**

Friday Morning Classes 9:00 a.m. - 10:00 a.m.

Program 2: **July 15 - September 2**

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$48 Non-Residents \$58 **(8 classes)**

Pilates uses non-aerobic floor exercises done on a mat to work the deep stabilizer muscles of the spine and the abdominal as well as the hip, shoulders, flexors and extensors to improve core strength and enhance overall muscle tone.

Triggerpoint Stretch & Release



Instructor: Heather Rollo

Program 1: Tuesdays, July 12 - August 30

Time: 9:30 a.m. - 10:30 a.m.

Place: Lodge at Squiretown Park

Fee: Residents \$48 Non-Residents \$58 **(8 classes)**

Take stretching to a whole new level. Increase mobility and range of motion in your daily activities by addressing the body's soft tissue. Treat daily pain on your own and relax tight muscles and improve circulation. Heather is certified in Triggerpoint Myofascial Compression.

Wear loose comfortable clothing.

Basic Conditioning

Instructor: Maureen Lerch of World Class Fitness

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$48 Non-Residents \$58 **(8 classes)**

Friday Morning Classes 8:00 a.m. - 9:00 a.m.

Program 1: July 15 - September 2

Friday Morning Classes 10:00 a.m. - 11:00 a.m.

Program 2: July 15 - September 2



Total body conditioning using weights and your body's own resistance. Tighten and tone major muscle groups and problem areas. This class is designed for beginners as well as experienced exercisers.

Tabata High Intensity Training

Instructor: Maureen Lerch of World Class Fitness

Program 1: Mondays, July 11 - August 29

Time: 8:00 a.m. - 9:00 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$48 Non-Residents \$58 **(8 classes)**

20 seconds of high intense exercise followed by 10 seconds of rest repeated 8 times before moving on to the next interval. The exercises will be simple to follow and can be modified for any level. The HIIT portion of the class is 30 minutes in duration with the remainder of time devoted to warm up, cool down and core work. Benefits of this class is maximum calorie burn and strength gain in minimum time.

Beach Boot Camp

NEW

Instructor: Donna Kempermann-Pierro

Program 1: Tuesdays & Thursdays, July 5, 7, 12, 14, 19, 21, 26 & 28

Program 2: Tuesdays & Thursdays, August 2, 4, 9, 11, 16, 18, 23 & 25

Time: 7:30 a.m. - 8:30 a.m.

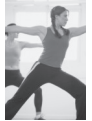
Place: Ponquogue Beach, Hampton Bays (meet at pavilion)

Fee: Residents \$80 Non-Residents \$90 **(8 classes)**

Join this group training class that consists of cardio drills and body weight exercises designed for all fitness levels, work at your own pace. Training on the beach in a group is fun, different and the feel of the ocean breeze is the perfect way to start the day. Bring mat /towel.

Classes will be held if it is raining

Saturday Circuit Training



Instructor: Patty Tuzzolo of World Class Fitness

Program 1: Saturdays, July 16 - September 3

Time: 8:00 a.m. - 9:00 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$48 Non-Residents \$58 **(8 classes)**

There is nothing boring about this class. Stations will be arranged to incorporate strength exercises, as well as, aerobic conditioning. Get stronger while burning calories. Your mind won't have time to wander. All levels welcome.

Everything Interval



Instructor: Patty Tuzzolo of World Class Fitness

Program 1: Fridays, July 15 - September 2

Time: 6:00 a.m. - 6:45 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$48 Non-Residents \$58 **(8 classes)**

This "all inclusive" class alternates between three minutes of cardio and four minutes of strength training. The cardio segments feature a weekly variety of low impact aerobics, kickboxing, step & cardio ball. The sculpting exercises are carefully selected to strengthen & utilize all major muscles. Abdominals & stretches will complete this well rounded workout. All Levels.

Not Just Weights



Instructor: Patty Tuzzolo of World Class Fitness

Program 1: Mondays, July 11 - August 29

Time: 9:15 a.m. - 10:00 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$48 Non-Residents \$58 **(8 classes)**

This sculpt class will tighten and strengthen the core area, improve balance and flexibility while working on glutes, hips, abs, back and more. Exercises will include the use of bars, balls and your body's own resistance... not just weights.

Aerobics Tone & Stretch

Seniors Welcome!!



Instructor: Heather Rollo

Program 1: Tuesdays, July 12 - August 30

Time: 8:30 a.m. - 9:30 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Resident \$48 Non-Residents \$58 **(8 classes)**

This program combines it all! Aerobics for cardio health, weights for building muscles and stretching to cool down and increase flexibility.

Dance Medley

Instructor: Maureen Lerch of World Class Fitness

Program 1: Wednesdays, July 13 - August 31

Time: 10:00 a.m. - 11:00 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$48 Non-Residents \$58 **(8 classes)**

This dance exercise workout includes Latin dance to line dance and lots in-between. Learn easy to follow low impact steps and have fun dancing to a variety of music styles.

Tone and Tighten



Instructor: Patty Tuzzolo of World Class Fitness

Program 1: Tuesdays, July 12 - August 30

Time: 6:00 a.m. - 6:45 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$48 Non-Residents \$58 **(8 classes)**

This class will focus on major muscle groups. We will incorporate the use of weights, bars and bands to enhance our routines. Abdominals and a well deserved stretch are always included. All fitness levels

Cardio & Abs



Instructor: Patty Tuzzolo of World Class Fitness

Program 1: Thursdays, July 14 - September 1

Time: 6:00 a.m. - 6:45 a.m.

Place: Lodge at Squiretown Park, 62 Red Creek Rd., Hampton Bays

Fee: Residents \$48 Non-Residents \$58 **(8 classes)**

This low impact cardio workout will jump start your day. Classes will offer a weekly variety of aerobics, step, cardio ball and kickboxing. We add abdominal exercises for a well rounded workout. Something for everyone and easy to follow.

Southampton Town Beaches



All supervised Southampton Town beaches will be officially open & staffed seven days a week, during the hours of 10:00 a.m. - 5:00 p.m., June 25 through Labor Day. (Permits sold 9:30 a.m.- 4:30 p.m.) In addition, Ponquogue, Tiana, Sagg Main, Flying Point & Long Beach will be open & staffed weekends beginning May 28.

Permits are required for parking at Southampton Town beaches.

Beach Parking Permits required at Beaches from 9:00 a.m. - 9:00 p.m.

2016 Beach Parking Permit Fees

Resident/Taxpayer (Season)	\$40.00
Senior Resident/Taxpayer (60+) (Season)	\$25.00
Non-Resident (Season)	\$375.00
Non-Resident (Daily)	\$25.00
Old Ponquogue Bridge Marine Park Permit	\$90.00
Permit affixed to vehicle at time of purchase non-transferable.	

Ocean:

Pikes Beach, 759 Dune Road, Westhampton Dunes

Tiana Beach, 90 Dune Road, Hampton Bays

Ponquogue Beach, 280 Dune Road, Hampton Bays

Flying Point Beach, 1055 Flying Point Road, Water Mill

Mecox Beach, 535 Jobs Lane, Bridgehampton

W. Scott Cameron Beach, 425 Dune Road, Bridgehampton

Sagg Main Beach, Sagg Main Road, Sagaponack

Bay:

Foster Memorial Beach, Noyac-Long Beach Road, Noyac

Freshwater Lake:

Emma Rose Elliston Park, Millstone Brook Road, North Sea

(Open To Residents Only - No Lifeguards on Duty)

For Information call Parks & Rec Dept. (631) 728-8585

Or visit the Parks & Rec Dept. at www.southamptontownny.gov

Town of Southampton Senior Services

FAN Food

Location: Bishop Ryan Village, Hampton Bays

Dates: Tuesdays, July 19, August 16, September 20

Time: 9:30 a.m. - 11:00 a.m.



This program is for seniors who meet an income criteria(\$1276 for a single person; \$1726 per couple). It provides a monthly allotment of food including canned fruits, juices, vegetables, cereal, pasta, canned fish & meats, and dairy items. Transportation can be provided.

Please call 728-1235 for further information

Senior Centers

Meals are provided in the bright and cheerful setting of our own facilities. Many social, cultural, educational and recreation opportunities are offered at our centers. Additionally, an appealing nutritionally balanced meal is served daily at noontime, choice of a hot or cold alternative. Round trip transportation is available. Computers available.

Home Delivered Meals

Meals can be provided on a temporary or long-term basis five days per week for homebound seniors for a suggested contribution of \$3.50

Location of Town Community Centers

Bridgehampton - 585 Sag Harbor Turnpike 537-3027

Hampton Bays - 25 Ponquogue Avenue 728-1235

Flanders - 655 Flanders Rd 702-2375

Days & Time: Monday - Friday 8:00 a.m. - 4:00 p.m.

Shinnecock Indian Reservation - Church Road 283-0106

Days & Time: Monday - Friday 11:30 a.m. - 1:30 p.m.

Senior Shuttle

The Town of Southampton Essential Services/Handicapped Transportation Program is designed to aid homebound persons and non-driving residents of the township with transportation to & from such basic essential services as shopping, banking, non-emergency medical visits, visits to governmental agencies, and hospital visitation of a sick spouse. Advance reservations are required. Suggested contribution \$3.00 one way or \$4.00 round trip. **For further information, call the Shuttle office 728-1110, weekdays, 8:30 a.m. to 4:00 p.m.**

Senior Services Programs

Expanded In-Home Services For Elderly Program & Helping Hands Program

Southampton Town provides services through the Dominican Sisters Family Health Services. These are programs that provide services for seniors who need assistance with cleaning, shopping, laundry, errands and friendly visiting.

For more information please call 728-1235 or 728-0937

Residential Repair Program

The Town of Southampton offers a residential repair program for residents age 60 years and over, who are owners or renters. This program provides household assistance with chores that do not require the skills of a licensed craftsman. *This is not an emergency service.* **Call 728-1235 for a list of the types of repairs provided and to schedule an appointment with our repairman.**

Adult Day Care Program

This wonderful program provides companionship and stimulation as well as respite, information, referrals and support groups for caregivers. A continental breakfast and hot lunch are served daily.

Transportation can be provided.

Dates: Monday to Friday

Time: 8:00 a.m. to 2:00 p.m.

Location: Hampton Bays Senior Center, 25 Ponquogue Ave

Fee: \$50 Daily fee scheduled, \$55 unscheduled,

Pre-paid monthly rates also available

Day Care participants include adults who are physically impaired, socially isolated, in need of assistance and personal care, mentally confused, and/or limited in their ability to function independently in the community. **For more Information call 728-1235**

SAGE LI Hampton Bays Mingle

A social group for gay, lesbian, bisexual, transgender seniors and their friends.

Dates: Second and fourth Thursdays of the month

Place: Hampton Bays Senior Center, 25 Ponquogue Avenue

Time: 3:00 p.m. - 5:00 p.m.

Dinner is served on the fourth Thursday at 4:30 p.m.

Call 728-1235 for further information.

Senior Services Programs



Support Groups for Caregivers of the Elderly

These groups provide information, educational skills, and support to families who are caregivers of the elderly in our township.

Location:

Hampton Bays Senior Center, 25 Ponquogue Ave, Hampton Bays

Caregivers Support Group

Dates: *Last Wednesday of every month* **Time:** 12:00 p.m. - 2:00 p.m.

Lunch will be served at 12:00 p.m.,

Adult Children of Aging Parents Support Group

Dates: *3rd Weds. of every month* **Time:** 6:00 p.m. - 8:00 p.m.

Family style dinner 6:00 p.m.

Grandparents Raising Grandchildren Support Group

Dates: *2nd Weds. of every month* **Time:** 6:00 p.m. - 8:00 p.m.

Childcare is available, Family style dinner 6:00 p.m. -

Please call 728-1235 for further information.

"Vial of Life" Program

The "Vial of Life" program is a free program designed for seniors and individuals with serious medical conditions to provide pertinent medical information to emergency personnel who respond to and treat home emergencies. A "Vial of Life" contains much of the medical history needed by the responding emergency personnel, such as existing medical conditions, allergies, medication currently taken, and emergency contact information.

"Vial of Life" participants complete a Medical Information Form that is then placed on the refrigerator. A "Vial of Life" decal is placed on the front door in plain view for emergency personnel to alert them that medical information is located inside. Packets may be obtained at any Senior Center. **Please call 728-1235 for further information.**

Computer Class



Jump into the modern day world...it may be scary but it is easy! All three of our senior centers have computers set up for you to use. A senior volunteer at the centers will assist you with the basics, turning on the system, "getting online" and opening your very own email account! **Instruction is available.**

Hampton Bays - Thurs. & Fridays, 10:00 a.m. - 11:30 a.m. - 728-1235

Bridgehampton - Mondays, 10:30 a.m. - 11:30 a.m. - 537-3027

Senior Services Programs

Caregiver Information Seminar

Dates: Thursdays, July 7, 14, 21 & 28

Time: 4:30 p.m. - 6:30 p.m.

Place: Bridgehampton Senior Center

This seminar is designed to help caregivers of older adults acquire specific knowledge to assist you in dealing with your loved ones. This 4 week seminar will include these topics: Alzheimer's & Dementia Facts, Legal Issues, Community Resources & Caregivers & Stress. If you are a caregiver, don't miss these supportive and information packed classes. A light dinner will be served.

Pre-Registration required. Please call Heather at 728-1235

Family Caregivers Course

Dates: Tuesdays, September 6, 13, 20, 27, October 4 & 11

Time: 4:30 p.m. - 6:30 p.m.

Location: Hampton Bays Center



This program is designed to help families acquire care giving skills. Classes include detailed instruction on how to care for someone on bed-rest, personal care, safe wheelchair use, medication management, infection control, fall prevention and more. Join us for these supportive information packed classes.

Pre-Registration required. Please call 728-1235 for more information

Knitting & Crocheting Circle "Cover Me with Love"

Time: 10:00 a.m. - 11:30 a.m.

Dates: Tuesdays, July 12, 26, August 9, 23, September 13 & 27

Place: Hampton Bays & Bridgehampton Centers

Dates: Tuesdays, July 5, 19, August 2, 16, September 6 & 20

Place: Flanders Center

We knit infant caps and blankets for local hospitals and the Stony Brook University Hospital NICU. We are looking for you to share your creative talents and invite you to knit, crochet, quilt or sew a blanket or hat. Your generous gift will envelope a child in worth and love. Please bring your own knitting/crocheting needles and current projects. Yarn will be supplied for small projects.

Call 728-1235 for more information, Yarn donations appreciated

Senior Services Programs

Chair Yoga



Time: 10:30 a.m. - 11:15 a.m.

Date & Location: **Tuesdays** - Hampton Bays & Bridgehampton
Mondays - Flanders

You have nothing to lose and so much to gain! Inspired by the video "Yoga in Chairs" you will benefit from this program in so many ways. Yoga encourages proper breathing, good posture, better balance, increased flexibility, strength and circulation. Join us for this class and you will begin to see and feel the benefits of chair yoga.

Call 728-1235 for more information or to register

"Stretch & Tone" Exercise Classes

All fitness levels welcome! **Fee:** Free!!

Bridgehampton Senior Center: **Every Friday** at 10:45 a.m.

Hampton Bays Senior Center: **Mondays & Fridays** at 10:00 a.m.

Flanders Senior Center: **Wednesdays** at 10:45 a.m.

Exercise can help you take charge of your health and maintain the level of fitness necessary for an active, independent lifestyle!

Please call 728-1235 for further details.

Country Line Dancing For Seniors

Beginner & Intermediate



Instructor: Jean Guydish

Dates: **Mondays - 1:00 p.m.** **Fridays - 10:30 a.m.**

Location: Flanders Senior Center **Fee:** FREE

***** Please Wear Soft-Soled Shoes *****

You know you should exercise more, but dread the thought? Country Dancing is the answer!! **Partners are not required.** Come and join the fun with the Flanderettes! Join us for lunch before dance class. Lunch is served at Noon, suggested contribution \$3.50.

For more information or to register please call 728-1235

Walking Clubs



Date: **Starting July 7** **Fee:** Free

Hampton Bays & Flanders - **Mondays**, Bus departs - 10:00 a.m. - FL, 10:15 a.m. - HB. Walk Red Creek Park, East Quogue Park & Hampton Bays Main Street.

Bridgehampton - **Wednesdays**, Bus departs - 10:30 a.m. Walk Long Beach, Bridgehampton and Sag Harbor Main Streets.

For more information or to register call 728-1235

Senior Services Programs

Book Discussion Series



Dates: Fridays, July 22, August 26 & September 23

Place & Time: Hampton Bays Center - 2:30 p.m. - 4:00 p.m.

Titles: July – Paris Architect, August - Girl on the Train, September - Me before You.

Come and join this lively and stimulating book discussion group. Books are generally supplied and there is time for fellowship and refreshments.

Short Story Discussion

Dates: Mondays, July, August & September

Place & Time: Bridgehampton Center - 10:00 a.m.

Come join Stacy for a discussion of a short story.

Call 728-1235 to register or for more information

Community Without Walls

Dates: 1st Weds. of month July 6, August 3 & September 7

Time: Luncheon served at 12:00 p.m. Meeting begins 12:30p.m.

Place: Hampton Bays Center

The Communities Without Walls group allows seniors who choose to remain in their own homes an opportunity to extend their sense of security and independence. We provide a support system for aging in place.

For more information call 728-1235

Bingo

The game of Bingo dates back to the 1500's in Italy. Bingo arrived in the United States in 1929 and was originally referred to as Beano. Today it is as hot as ever. Come and join in the fun.

Call your local Senior Center for information

Locations:

Bridgehampton Senior Center: **Most days, 11:15 a.m. - Noon**

Hampton Bays Center: **Every day except Weds. 1:00 p.m. - 2:30 p.m.**

Flanders Senior Center: **Every day except Mondays 12:30 - 2:00 p.m.**

Senior Services Programs

Dinner & Dancing at the Beach

Date: Tuesday, July 26

Time: 4:00 p.m. - 8:00 p.m.

Fee: \$6.00

Place: Summers Beach Pavilion, Hampton Bays

Enjoy a barbecue at the Summer's Beach Pavilion followed by beach games, kite flying, great entertainment and watching the summer sunset. Dinner at 5:00 p.m. Dancing to follow 5:30 - 7:30 p.m.

For more information call 728-1235

Senior Citizen Picnic

Date: Wednesday, August 24 (rain date 8/25)

Time: 9:30 a.m.

Place: Red Creek Park, Hampton Bays

Fee: \$6.00

Join us for a day of food, fun & entertainment! Gates open 9:30 a.m. - Lunch served at NOON. Music provided by the Banjo Rascals!

For more information call 728-1235

National Senior Center Month

The National Institute of Senior Centers has proclaimed **September** "National Senior Center Month". Now is the time to celebrate LIFE by taking full advantage of everything senior centers have to offer!

Intergenerational Grandparents Day Family Breakfast

Date: Sunday, September 25

Time: 8:00 a.m. - 11:30 a.m.

Place: Hampton Bays Center

Fee: \$8.00 Adults, \$5.00 children 12 and under or family price \$25 two adults and three children

Pancakes with syrup and butter, sausage, coffee, tea, orange juice and milk. All proceeds will benefit programming at all senior centers.

Senior Hunger Action

During the month of September the Town of Southampton Senior Services will be partnering with local food pantries to help put a stop to hunger in our communities. Each of our 3 centers will have collection bins for donations of non-perishable canned goods. All donations will then be delivered to the pantries by our Senior Citizens.

Call 728-1235 for more information on these programs and on other special events during the month of September.

Senior Services Programs

Afternoons at the Movies



Join us for an afternoon of entertainment! We will indulge in a movie, popcorn. Movies include:

July - "Bridge of Spies" **August** - "The Odd Couple", **September** - "Miracles from Heaven"

Place & Time: Hampton Bays Center - 12:30 p.m.

Dates: **Weds. & Thurs., July 6, 21, August 3, 18, September 7 & 22**

Place & Time: Bridgehampton Senior Center - 12:30 p.m.

Dates: **Tuesdays, July 12, August 16 & Thursday, September 15**

Place & Time: Flanders Senior Center - 12:30 p.m.

Dates: **Thursdays, July 14, August 11 & September 8**

For more information call 728-1235. Pre-Registration is Required!

Fridays at the Beach House



Dates: **July 15, 22, 29, Aug. 12, 19, 26, Sept. 2, 9 & 16**

Bus Departs: Bridgehampton Center - 9:45 a.m.

Hampton Bays Center - 10:15 a.m.

Flanders Center - 10:00 a.m.

Bus Returns: 2:00 p.m.

Fee: \$6.00 per trip (includes transportation & your lunch)

Join us for lunch and some fun in the sun at Tiana Beach! We will take you down to the beach to enjoy the breeze off the ocean and the beautiful sun. A picnic lunch will be served at noon. Bring your beach chair if you like!

Pre-registration is required. For more information call 728-1235

Twilight Evening Dinners

Theme: "Bold Casino Party"

Time: 3:00 p.m. - 7:00 p.m.

Date: Friday, July 8

Place: Hampton Bays Center

Date: Friday, July 15

Place: Flanders Center

Date: Friday, July 22

Place: Bridgehampton Center

Theme: "Let's Sail Away"

Time: 3:00 p.m. - 7:00 p.m.

Date: Friday, August 5

Place: Hampton Bays Center

Date: Friday, August 19

Place: Flanders Center

Date: Friday, August 26

Place: Bridgehampton Center

For more information or to register call 728-1235

Youth Bureau

Need more information for the programs on this page?

**Please call 631 702 - 2425 or go to
www.southamptontownny.gov/youthbureau**

Tuesdays on the Go **Amusement Parks & Attractions!**



Date: Tuesdays, June 28 - August 30

Time: Late afternoons, times and duration vary

Cost: Vary between \$15 & \$40 each trip

Teens in **6th thru 10th grade** are invited to participate in trips to various Long Island attractions. Supervision and transportation provided by Youth Bureau.

Applications online www.southamptontownny.gov/youthbureau

Call 631 702-2425 for details

Summer Food Service Program

FREE lunch for youth up to age 21! Flanders Community Center

Monday -Thursday, July 5 - August 25

11:30 a.m. - 1:00 p.m. **in partnership with Island Harvest**

Summer Dayz Enrichment Camp



Dates: Monday - Thursday, July 5 - August 25

Time: 12:30 p.m. - 5:00 p.m.

**Place: 655 Flanders Road, Flanders Community Center
For campers in grades 4th - 7th**

Cost: \$500 for 8 weeks

Space is limited to 25 pre-registration is required.

Call Karen at 631 702-2425 for details or to register.

Farm Fresh Food Market

Dates: Saturdays, July 2 - October 15

Time: 10:00 a.m. - 1:00 p.m.

**Place: David W. Crohan/Flanders Community Center
Fresh produce straight from local farmers**



Stop in weekly to get delicious just picked produce at our youth staffed market and see what's new from the farm! We gladly accept EBT and FMNP

For more information go to www.southamptontownny.gov

Senior Services Programs

Fishing on the Shinnecock Star

Date: Tuesday, July 19

Time: 5:00 p.m. - 8:00 p.m.

Bus Departs: Bridgehampton - 3:45 p.m. Flanders - 4:15 p.m.
Hampton Bays - 4:30 p.m.

Fee: \$45 (includes rod, reel, bait and tackle)

Fish the beautiful waters of Shinnecock Bay with Captain John Capuano and his crew. Throw in a line and hope to bring home some dinner. A boxed dinner will be provided.

For more information or to register call Heather 728-1235

Hampton Classic



Date: Tuesday, August 30

Bus Departs: Hampton Bays Center - 9:15 a.m.
Bridgehampton Center - 9:45 a.m.
Flanders Center - 9:00 a.m.

Fee: \$10.00 (includes transportation and boxed lunch)

It's Senior Day at the Hampton classic!

For more information or to register call Heather 728-1235

"Ain't Misbehavin" - Gateway Theater

Date: Thursday, July 13

Show Time: 2:00 p.m.

Bus Departs: Hampton Bays - 12:30 p.m., Flanders - 12:45 p.m.
Bridgehampton - 10:00 a.m.- join us for lunch in HB, transport provided

Fee: \$62

"The Joint is Jumpin" in this Tony-Award winning musical revue that transports you to a swingin' nightclub of the Jazz Age. Based on the infectious music of Fats Waller, this show provides an afternoon of songs that define the mood of the era.

For more information or to register call Heather 728-1235

Foxwoods

Date: Friday, September 30

Bus Departs: Bridgehampton - 7:45 a.m. Hampton Bays - 8:15 a.m.
Flanders - 8:30 a.m. **Depart for home 6:00 p.m.**

Fee: \$42 (includes bus & ferry transportation and coin back bonus)

Try your luck at the worlds largest casino. Join us for a day at Foxwoods. A rebate package will be offered.

For more information or to register call Heather 728-1235

Senior Services Programs

Mah Jongg Club

Place: Hampton Bays

Dates: Wednesdays

Time: 9:00 a.m. - Noon & 1:00 p.m. - 4:00 p.m.

The original mahjongg game is a board game for four players somewhat similar to the card game "Gin Rummy", but played with tiles instead of cards. Recently a growing number of people are realizing the intellectual challenge Mah Jongg poses and the beauty and excitement of the game itself. Come and join the fun of this ancient Chinese Tile Game.

No Fee Required. Call 728-1235 for information

Coffee and Conversation



Dates: Thursdays - Hampton Bays

Time: 10:00 a.m.

Dates: Thursdays- Bridgehampton

Time: 11:00 a.m.

Dates: Fridays - Flanders

Time: 10:00 a.m.

We will discuss a different topic every week pertaining to various worldly issues, self-improvement and well being. In this group you will develop a support group.

Please call 728-1235 for more information

Senior Services Bus Trips

Trip Policy: Payment must be made within one week of your reservation. If payment is not received by that time your name will be taken off the reservation list. **Cancellations:** Refunds will be given **ONLY** if your reservation can be filled by someone on the waiting list.

NY Spectacular - Radio City Music Hall

Date: Wednesday, August 3

Show Time: 2:00 p.m.

Bus Departs: Bridgehampton 8:45 a.m., Hampton Bays 9:15 a.m.
Flanders 9:30 a.m.

Fee: \$98 (includes Hampton Jitney transportation, orchestra seating and boxed dinner on way home)

This amazing show celebrates NYC in the summertime as two kids who travel to NY get separated from their parents. The city magically comes to life to show them its many splendid wonders.

For more information or to register call Heather 728-1235

Youth Bureau

Need more information for the programs on this page?

**Please call 631-702-2425 or go to
www.southamptontownny.gov/youthbureau**

Neighborhood Nights



Dates: Mondays, July 11 - August 29

Time: 5:00 p.m. - 8:30 p.m.

Cost: Free

Place: David W. Crohan Flanders Community Center

Come enjoy a fun evening of swimming, games, arts & crafts and special events in a supervised setting.

For families with children in **grades K - 4th.**

Teen Nights



Dates: Wednesdays, June 29 - August 31

Time: 7:30 p.m. - 11:00 p.m.

Cost: FREE

Place: Ludlam Park, Riverside

Fun filled evenings with music, basketball, games, hanging out with friends in a supervised setting.

For teens entering grades **7th - 12th grade.**

The PATH@ SYS

Dates: Thursdays, July 7 - September 1

Time: 5:00 p.m. - 8:00 p.m.

Cost: FREE

Place: SYS 1370A Majors Path, North Sea

For youth in **grades 5 - 12.** Enjoy swimming, sports, games & more!

Transportation available from the Flanders Youth Center.

Please call 631 702-2425 for more information



14th Annual Battle of the Bands

Friday, June 10

Ponquogue Beach, Hampton Bays - 8:00 p.m. - 11:00 p.m.

Local teen bands compete for prizes!

Band applications online

Applications must be received by **May 13th**

CO-SPONSOR SOUTHAMPTON PARKS AND RECREATION



Annual After-Summer East End Community Picnic

Sponsored by the Anti Bias Task Force & Friends and Organizations of the East End

Date: Saturday, September 18

Time: 1:00 p.m. - 6:00 p.m.

Place: Red Creek Park, 102 Old Riverhead Road, Hampton Bays

Family, Friends and Neighbors! Free food, Entertainment and Activities. Bring a pot luck dish for 5 - 6 people.
Enjoy our drinks, hotdogs and ice cream.



Town of Southampton Parks & Recreation Dept.

6 Newtown Road, Hampton Bays, NY 11946

Phone: 631-728-8585 Fax: 631-728-8525

Website: www.southamptontownny.gov

Town Supervisor

Jay Schneiderman

Town Board

John Bouvier Stan Glinka

Julie Lofstad Christine P. Scalera

Town Clerk

Sundy A. Schermeyer

Parks & Recreation Department

Christopher F. Bean, Superintendent

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